



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Roasted Beet Salad\*

#### Recipe Summary:

Preparation/Cook Time: 1 hour 45 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: not given

#### Ingredients:

- 4 medium beets, ends trimmed (~ 1 1/2 lbs)
- 1/2 cup balsamic vinegar
- 2 Tbsp sugar
- 1/2 cup walnuts, coarsely chopped
- 2 tsp olive oil
- 2 pears, peeled and cored, cut into 8 wedges each
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 2 cups arugula (optional)
- 4 Tbsp (1 oz) crumbled blue cheese

#### Directions:

Preheat the oven to 425 degrees. Wrap the beets in foil and set on a baking sheet. Bake for 1 hour or until a knife easily pierces the beets. Remove from the oven and let cool for 30 minutes. Peel the beets, cut each into 8 wedges and transfer to a bowl. Combine the vinegar and sugar in a small saucepan. Bring the mixture to a boil over medium-high heat and cook for 5-6 minutes or until reduced by about half and thick enough to coat the back of a spoon. Set aside. Place the walnuts in a large nonstick skillet and cook over medium-high heat, shaking the pan often, for 2-3 minutes or until lightly toasted. Transfer to the bowl with the beets. Add the oil to the skillet and return to medium-high heat. Add the pears and cook for 2 minutes per side or until lightly browned. Remove from heat. Add the reserved vinegar mixture, salt and pepper to the beets, tossing to coat well. Place 1/2 cup arugula (if using) on each of the plates and top with the beet mixture and pears. Sprinkle each serving with blue cheese.

Nutrition Facts	
Roasted Beet Salad	
Serving Size 1/4 of recipe	
Amount Per Serving	
Calories 301	
% Daily Value (DV)*	
<b>Total Fat</b> 13.2g	
Saturated Fat 2.g	
<b>Cholesterol</b> 6.3mg	
<b>Sodium</b> 552.3mg	
<b>Total Carbohydrate</b> 42.3g	
Dietary Fiber 8.4g	
Sugars 10g	
<b>Protein</b> 6.8g	
* Percent Daily Values are based on a 2,000 calorie diet.	

#### Nutritionist Notes:

- High in manganese

#### To decrease calories from fat in recipe (currently at about 53% of total calories per serving):

- May want to take out blue cheese
- May want to decrease walnuts to 1/4 cup
- May want to decrease olive oil to 1 tsp or use pan spray to brown pears
- To decrease sugar in recipe:
- May want to decrease sugar to 2tsp

\* Source unknown